

Local Foods Resource Hubs Network Gardener Harvest Tracking Instructions

We appreciate your time and persistence in providing this valuable information!

Please carefully follow the procedures described below using the attached tools to insure results are as accurate as possible.

Please refer to the [Vegetable Measure](#) and [Vegetable Picture Reference](#) guides located in this folder. These guides are designed to help show you how and the vegetables should be counted on the tracking sheet.

Step 1: Harvest & Measure

Pick vegetables or herbs from your garden. Estimate how many measurement amounts you have picked.

Example: Three vegetables are listed from the [Vegetable Measure](#) guide.

- 1) one amount of basil= 2 cupped hands,
- 2) one amount of green beans =1 cup or size of a fist,
- 3) beets are to be measured by counting and recording the number

Number	Vegetable	Measurement
1	Basil	2 cupped hands
2	Beans, green or string	1 cup or fist
3	Beets	Count, record number harvested (1, 2, 3, ...)

Step 2: Record Vegetable Measure Amounts

As you harvest produce from your garden, record measure amounts on the appropriate day on the [Garden Harvest Tracking Sheet](#). If you do not harvest a specific vegetable, leave it blank and it will be recorded as a 0.

Sheet 1		Week One July 11-July 17							Week Two July 18-July 24							
#	Vegetable / Herb	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Totals
1	Basil	2					1						2			5
2	Beans, green or string												2	2		4
3	Beets															-

Step 3: Add Up Totals

At the end of each two-week period, add up vegetable amount harvested and put this number in the total column.

Step 4: Report by Mail or Online

Paper Snail Mail Option: Place this sheet in the pre-addressed and stamped envelope and return to: Gardening Matters Tracking Sheet 310 E. 38th Street, #204b, Minneapolis, MN 55409

OR

Online Option: Visit the online survey tool and enter your total amount harvested for each vegetable. Web address: _____

Example: Spinach

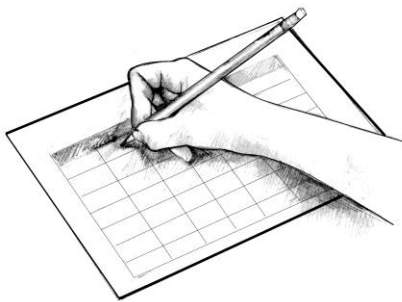


Step 1: Harvest & Measure
Pick spinach from your garden



Step 2: Record Vegetable Measure Amounts

Find spinach in the Vegetable Measure guide. Spinach is measured with two cupped hands. Write down how many amounts or cupped hands of spinach you picked on the day listed in the Tracking Sheet. Make your best guess—it does not have to be exactly perfect. If you do not harvest a certain vegetable or herb, leave column blank.



Step 3: Add Up Totals

At the end of the each two-week period, add up total vegetable amounts harvested.



Step 4: Report by Mail or On-line

Submit your results every two weeks using a new tracking sheet. If you are submitting on **paper**, at the end of two weeks, put the tracking sheet in one of the included envelopes and mail.

If you are sending information **on-line**, refer to your tracking sheet record and enter the information at this website at the end of every two week cycle.

Vegetable Picture Reference Guide

Please use your best guess at estimating size. Like people, vegetables come in different shapes and sizes.

Cupped Hands



Example 1:
Spinach, cupped
hands

One Cup or Fist: One cup is the size of a fist



Example 2:
Lettuce, leaf one cup
or fist

Count: Add up the total number
and record this number



Example 3:
Radishes, count = 8

Example 4:
Kale, count = 5
leaves



Vegetable Measure Guide

Number	Vegetable	Measurement
1	Basil	2 cupped hands
2	Beans, green or string	1 cup or fist
3	Beets	count, record number harvested (1, 2, 3, ...)
4	Broccoli	count stalks
5	Cabbage, green	count
6	Cabbage, purple	count
7	Carrots	count
8	Chard	count number of leaves
9	Cilantro	count number of stems or sprigs
10	Collard Greens	count number of leaves
11	Cucumber	count
12	Dill	count number of stems or sprigs
13	Eggplant	count
14	Kale	count number of leaves
15	Lettuce, leaf	1 cup or fist
16	Lettuce, romaine	2 cupped hands
17	Mustard greens	2 cupped hands
18	Okra	count
19	Onions, green or scallions	count
20	Parsley	2 cupped hands
21	Peas, snow pod	1 cup or fist
22	Peas, sugar snap	1 cup or fist
23	Peppers, hot	count
24	Peppers, sweet	count
25	Radish, daikon	count
26	Radish, red	count
27	Spinach	2 cupped hands
28	Squash, acorn	count
29	Squash, buttercup	count
30	Squash, spaghetti	count
31	Tat soi	2 cupped hands
32	Tomatillo	count
33	Tomatoes, beefsteak	count
34	Tomatoes, cherry	1 cup or fist
35	Tomatoes, roma or paste	count
36	Watermelon	count
37	Zucchini	count